Smilow Cancer Hospital Nutrition Cookbook for Cancer Patients
Stew and Soups
Recipe: Spiced Pumpkin Stew

Ingredients:

1 Tbsp. olive oil
1 medium green bell pepper, chopped
1 medium red bell pepper, chopped
1 medium onion, chopped
4 cloves garlic, minced
1/2 tsp. ground cumin (curry powder may be substituted)
1 (15 oz.) can pureed pumpkin (2 cups fresh may be substituted)
1 (15 oz.) can black beans, no salt added, drained

Makes 4 servings.

Per 2 cup serving: 301 calories, 5 g total fat (1 g saturated fat), 57 g carbohydrate, 14 g protein, 14 g dietary fiber, 307 mg sodium.
Ingredients continued...

1 (15 oz.) can yellow corn kernels, no salt added, drained (1-1 1/2 cups fresh or frozen may be substituted)
1 (14 oz.) can diced tomatoes, no salt added
2 cups reduced-sodium chicken broth (vegetable may be substituted)
1/4 cup fresh cilantro, finely chopped, divided
Salt and freshly ground black pepper to taste
1/4 cup plain, low-fat yogurt, optional
Directions:

In large saucepan warm oil over medium heat. Stir in peppers, onion and garlic and sauté about 6 minutes until peppers and onion soften. Stir in cumin and continue to cook 1-2 minutes.

Pour in pumpkin, beans, corn, tomatoes and broth. Add 1 teaspoon cilantro and season with salt and pepper to taste. Bring to boil then reduce heat. Cover and simmer 25 minutes.

Divide stew among four bowls and garnish with cilantro and yogurt, if desired.
Recipe: Celery Root and Parsnip Soup

Ingredients:

1 small celery root
1 Gala apple, peeled
1 Tbsp. unsalted butter plus 1 tsp.
1 tsp. canola oil
1 cup chopped carrots
1 cup chopped onion
3/4 cup peeled and chopped parsnips
1 tsp. ground cumin
1/2 tsp. ground cardamom
1/2 tsp. ground ginger
3 cups low sodium chicken broth
Salt and freshly ground black pepper
Directions:

Place celery root on its side and cut off top and bottom. Stand celery root upright and cut away peel in vertical strips from top to bottom following its shape to expose white flesh. Rinse celery root and chop into roughly 3/4-inch pieces, measuring out 2 cups. Store remaining celery root in bowl of water with squirt of lemon juice to use later in salad or stir-fries. It keeps for up to 2 days.

Notes: Makes 4 servings.

Per serving: 176 calories, 7 g total fat (3 g saturated fat), 26 g carbohydrate, 6 g protein, 5 g dietary fiber, 159 mg sodium.
Directions continued...

In large saucepan, melt 1 tablespoon butter with oil over medium heat. Add celery root, carrots, onion and parsnips, mixing until they look shiny. Cook until onion is translucent, about 5 minutes, stirring occasionally. Cover pot tightly and cook for 8 minutes, until vegetables are very moist. Mix in cumin, cardamom and ginger. Add chopped apple pieces and stir to combine. Pour in broth, and bring to boil. Cover, reduce heat and simmer soup until vegetables are very soft, 20 minutes. Let cooked soup stand, uncovered, for 10 minutes.
Directions continued...

Carefully transfer hot soup to blender. Cover, wrap dishtowel around top of blender and purée soup until smooth and velvety, starting low and finishing at high speed. You may need to do this in two batches. Season soup to taste with salt and pepper.

In small skillet over medium heat, melt remaining 1 teaspoon butter. Add reserved apple and cook until shiny and slightly softened, about 3 minutes. Remove from heat.

To serve, divide soup among 4 soup bowls. Spoon one-fourth of sautéed apple into center of each bowl. Serve soup immediately.
Recipe: Vege Chili

Ingredients:
1 Tbsp. olive or canola oil
1/2 large onion, chopped
1 medium red bell pepper, chopped
1 garlic clove, finely chopped
1 jalapeño pepper, seeded and minced
1 Tbsp. ground chili powder
1 1/2 tsp. ground cumin
1 1/2 tsp. dried oregano
1 (14 1/2-oz.) can no-salt added diced tomatoes in juice
1 1/2 Tbsp. tomato paste
1 cup water
2 (15-oz.) cans black beans, rinsed and drained
1/2 tsp. salt

Fresh cilantro, chopped, for garnish
Chopped scallions, for garnish
Reduced-fat sour cream, for garnish (optional)
Directions:

Heat oil in large saucepan. Add onions, sweet pepper, garlic and jalapeño pepper and cook until onion is translucent, about 5 minutes. Add chili powder, cumin, and oregano and cook, stirring, for 1 minute.

Add canned tomatoes, tomato paste and 1 cup water, then beans and salt. Bring to boil, reduce heat, and simmer, uncovered, for 30 minutes. Serve garnished with chopped cilantro, scallions and a dollop of sour cream, if desired.

Notes: Makes 4 servings (5 cups).

Per serving: 214 calories, 5 g total fat <1 g saturated fat), 35 g carbohydrate, 11 g protein, 12 g dietary fiber, 367 mg sodium